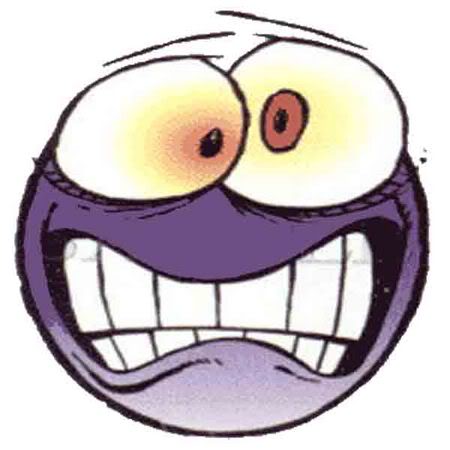


**Stress**



Stress is the feeling you get when you're worrying about a big test or when your parents are arguing. Sometimes, you'll feel [butterflies in your stomach](http://kidshealth.org/kid/talk/come_from/butterflies_stomach.html), sweaty hands, or have trouble sleeping. Exercising or talking about your feelings can help. You can talk to your parents, your teachers or your guidance counselor. Did you ever notice that it is very difficult to concentrate if your stress level if high? Exercises will improve health and reduce stress!